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Andrea's Voice: Silenced by Bulimia-Doris Smeltzer 2013-10-18 Traces the life and death of a nineteen-year-old bulimic and her mother's ensuing journey for answers and healing, in a tale told through the victim's poetry and journal entries as well as her mother's reflections about the disorder. Original.

Andrea's Voice Silenced by Bulimia-Doris Smeltzer 2011-06-03 Vibrant, talented, strong, and beautiful, Andrea Smeltzer seemed destined for a great future. But after a one - year struggle with bulimia, she died in her sleep at age 19, catapulting her mother Doris into a wrenching but ultimately rewarding journey of discovery. This unabashed account not only speaks about one family's tragedy, but also critiques the social and personal attitudes toward our bodies and appearance that create victims like Andrea. Andrea's poetry and journal entries, combined with her mother's reflections, offer insight and understanding about a crushing disorder that afflicts far too many young people.

Treatment of Eating Disorders-Margo Maine 2010-09-08 Eating disorders (EDs) affect at least 11 million people in the United States each year and spread across age, race, ethnicity and socio-economic class. While professional literature on the subject has grown a great deal in the past 30 years, it tends to be exclusively research-based and lacking expert clinical commentary on treatment. This volume focuses on just such commentary, with chapters authored by both expert clinicians and researchers. Core issues such as assessment and diagnosis, the correlation between EDs and weight and nutrition, and medical/psychiatric management are discussed, as are the underrepresented issues of treatment differences based on gender and culture, the applications of neuroscience, EDNOS, comorbid psychiatric disorders and the impact of psychiatric medications. This volume uniquely bridges the gap between theoretical findings and actual practice, borrowing a bench-to-bedside approach from medical research. Includes real-world clinical findings that will improve the level of care readers can provide, consolidated in one place Underrepresented issues such as gender, culture, EDNOS and comorbidity are covered in full Represents outstanding scholarship, with each chapter written by an expert in the topic area

8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health)-Carolyn Costin 2011-10-18 Here, a therapist and former patient offers hope to readers that full recovery is possible.

Something Spectacular-Greta Gleissner 2012-05-29 Recounts the former Rockette's experience battling bulimia, discussing the toll it took on her personal and professional life and the means by which she chose to hide the disease--including cheating, lying, and stealing.

Getting Better Bite by Bite-Ulrike Schmidt 2015-09-16 Getting Better Bite by Bite is an essential, authoritative and evidence-based self-help program that has been used by bulimia sufferers for over 20 years. This new edition maintains the essence of the original book, while updating its content for today's readers, drawing on the latest knowledge of the biology and psychology of bulimia and its treatment. The book provides step-by-step guidance for change based on solid research. The use of everyday language, stimulating contemporary case study story-telling and evocative illustrations

in Bite by Bite provide encouragement, hope and new perspectives for all readers. This handy-sized book fills a need for easy-to-understand information about Bulimia Nervosa, a serious and prevalent eating disorder. Ulrike Schmidt and Janet Treasure are world-renowned researchers and authorities on eating disorders, and June Alexander, a former sufferer of anorexia and bulimia, is a respected writer and internationally-known eating disorder awareness advocate. Getting Better Bite by Bite is a valuable resource - for sufferers, for their families, and for the health professionals and carers treating them.

100 Questions & Answers About Anorexia Nervosa-Sari Fine Shepphird 2009-01-14 Whether you are a newly diagnosed patient, a friend, or a relative of someone with anorexia nervosa, or if you simply wish to gain a better understanding of this condition, this book offers help. It is a guide to understanding the causes of anorexia, warning signs and diagnosis, and practical suggestions on how to help loved ones suffering from anorexia as well as the treatment options available. Written by a clinical psychologist with nearly 20 years experience in the field of eating disorders, along with contributions from actual patients, this book is a resource for learning about and fighting this disease.

Telling Ed No!-Cheryl Kerrigan 2013-10-18 A practical workbook for sufferers of eating disorders shares dozens of beneficial exercises, uplifting stories and strategic techniques for battling their condition, drawing on the author's personal experience to outline empowering recovery rules. Original.

Almost Anorexic-Jennifer J Thomas 2013-07-01 Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic. Millions of men and women struggle with disordered eating. Some stand at the mirror wondering how they can face the day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-blown anorexia nervosa, at least 1 in 20 (including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, Almost Anorexic combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. Almost Anorexic will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

-Cheryl Kerrigan 2010-03

Families, Carers and Professionals-Gráinne Smith 2007-04-04 The lack of practical information available to the families of vulnerable individuals - and sometimes a similar lack of resources for the professionals who deal with them - can lead to frustration and in some cases tragedy. In this practical guide for anyone involved in caring for patients with challenging

behaviour, Gráinne Smith (author of the bestselling Anorexia and Bulimia in the Family) champions the importance of teamwork so that carers, both formal and informal, can learn to collaborate in treatment approaches with professionals. Drawing on anonymous case studies as well as recent research and experience, this unique book provides an array of practical tools and templates to aid the development of consistent, effective all-round care for vulnerable individuals.

Beating Ana-Shannon Cutts 2009-01-08

Riptide-Barbara Hale-Seubert 2011-05 A young girls fatal, decade-long struggle with anorexia and bulimia is chronicled from her mothers perspective in this heartbreaking memoir. Barbara Hale-Seubert tried to cope with grief, fear, and powerlessness as her daughter suffered through these diseases, and she kept a journal of their experiences as a form of therapy. These entries are the basis for a raw and revealing narrative, meant to offer other parents the comfort that comes with knowing they are not alone, the strength to help their children through the agony of eating disorders, and the grace to learn to surrender what is out of their control.

You'd Be So Pretty If...-Dara Chadwick 2010-06 From You'd Be So Pretty If... I grew up listening to my mom bemoan everything from the size of her thighs to the shape of her eyes. So you can imagine my dismay the first time someone exclaimed, "You look just like your mother!" Every mom wants her daughter to feel confident in her own skin, but may often unconsciously impose her own "body image blueprint." Dara Chadwick's You'd Be So Pretty If... reveals: What girls learn when Mom diets; How to talk to your daughter about healthy eating and exercise habits; The trigger words that set off a body image crisis; How to recognize a budding eating disorder.... With humor and compassion, You'd Be So Pretty If... offers parents fresh and useful strategies for conveying that success isn't negated by carrying extra pounds - or guaranteed by keeping them off.

Why She Feels Fat-Johanna Marie McShane 2013-10-18 Eating disorders are perplexing, frustrating, and seem to make no sense to the families and friends of sufferers. The intent of this book is to explain why your loved one has an eating disorder so that you can understand these baffling disorders and help in the recovery process. Throughout the book you are taken into the world of eating disorders, shown what anorexia and bulimia mean to sufferers, and how they live day to day'obsessed with thoughts of calories, fat, body size, and weight. First, the reader is given an introduction to anorexia and bulimia. Here, the most commons signs and symptoms are discussed along with medical complications. In the second section the focus is on detailing the subjective experiences of those who suffer with eating disorders. This section will help you'as a parent, sibling, spouse, friend, or other loved one'understand what an eating disorder is like from the perspective of the person living with it. The final section deals with directions for treatment and what to expect as your loved one recovers.

Health at Every Size Revised and Updated-Lindo Bacon 2011-01-22 Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates thin with healthy is the problem.The solution? Hea...

Health At Every Size-Linda Bacon 2010-05-04 Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates "thin" with "healthy" is the problem. The solution? Health at Every Size. Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals. Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

Nutrition Counseling in the Treatment of Eating Disorders-Marcia Herrin 2013-03-05 Marcia Herrin and Maria Larkin have collaborated on the second edition of Nutrition Counseling in the Treatment of Eating Disorders, infusing research-based approaches and their own clinically-refined tools for managing food and weight-related issues. New to this

edition is a section on nutrition counseling interventions derived from cognitive behavioral therapy-enhanced, dialectical behavioral therapy, family-based treatment, and motivational interviewing techniques. Readers will appreciate the state of the art nutrition and weight assessment guidelines, the practical clinical techniques for managing bingeing, purging, excessive exercise, and weight restoration as well as the unique food planning approach developed by the authors. As a comprehensive overview of food and weight-related treatments, this book is an indispensable resource for nutrition counselors, psychotherapists, psychiatrists, physicians, and primary care providers.

Going Hungry-Kate M. Taylor 2008-09-09 Here, collected for the first time, 19 writers describe their eating disorders from the distance of recovery, exposing as never before the anorexic's self-enclosed world. “This anthology lends remarkable texture to a subject that has been too often sensationalized and oversimplified.” —The New York Times Taking up issues including depression, genetics, sexuality, sports, religion, fashion and family, these essays examine the role anorexia plays in a young person's search for direction. Powerful and immensely informative, this collection makes accessible the mindset of a disease that has long been misunderstood. With essays by Priscilla Becker, Francesca Lia Block, Maya Browne, Jennifer Egan, Clara Elliot, Amanda Fortini, Louise Glück, Latria Graham, Francine du Plessix Gray, Trisha Gura, Sarah Haight, Lisa Halliday, Elizabeth Kadetsky, Maura Kelly, Ilana Kurshan, Joyce Maynard, John Nolan, Rudy Ruiz, and Kate Taylor.

Big Black Penis-Shawn Taylor 2008-06 Being black and male is serious business, but its absurd contradictions are often too funny for words. In this award-winning book, Shawn Taylor deftly leads us on a no-holds-barred tour of his masculine development, acknowledging some deep but often hilarious truths about black men. This raw and spellbinding narrative, full of unexpected turns of phrase and shocking displays of vulnerability, contains powerful meditations on sexuality, romance, fatherhood, and violence. Unapologetic and sharply critical of the hatred and fear that American society harbors toward black men, Taylor brings the subject of black masculinity into the 21st century.

Alone in a Crowd-Andrea Parmar 2018-06-14 Always seemingly happy and talkative, the author shares the darkest secrets of her sixteen-year battle with an eating disorder. Hiding her insecurities “behind the mask” of a seemingly perfect life, Andrea struggles to be present in the moment even when surrounded by family and friends. Every moment, of each day, her thoughts and energy are consumed by body image concerns, distorted thoughts around food, and other mental health issues. Andrea often finds herself feeling “Alone in a Crowd” despite her professional knowledge and caring family. Her husband also shares his unique "partner's perspective", describing the stressors of being in a relationship consumed by a disordered-eating addiction. He candidly describes his frustrations, and feelings of powerlessness and betrayal, in their fight against food. Eventually, they both realize that a shift in mindset would be necessary for their marriage to survive. With the help of professional counselling services and personal reflection, Andrea is able to gain control over her self-harming ways. Despite overcoming this deadly addiction she soon discovers that “Life” doesn't stand up to applaud her accomplishment, but instead throws more hurdles her way including her recent diagnosis of Multiple Sclerosis.

Telling Ed No!-Cheryl Kerrigan 2011-10-11 Recovery from an eating disorder requires support of all kinds, and this book is filled with ideas, exercises, and insights. Based on Kerrigan’s own inspiring story, Telling Ed No! is a toolbox of over 100 practical recovery tools, from family interventions, yoga, and massage, to music, role playing and even holding ice! Each tool brings the recovery process to life with prompts for reflection and discussion. Readers looking for guidance will learn: why having a “treatment team” is essential and how to assemble one, how to end self-destructive behaviors such as cutting and over-exercising, and how to transform Ed’s controlling rules into powerful, new recovery rules. Part-self-help book, part memoir, this unique workbook combines the power of real-life experiences and candid straight talk with suggestions and exercises that offer both hope and creative guidance.

The British National Bibliography-Arthur James Wells 2006

Find Your Voice Project-Andrea Kanelopoulos 2017-03-13 Find Your Voice Project: A Journey Towards Healing is an eating disorder and body image workbook within Andrea's story of her 14-year battle with Anorexia. Her stories of dramatic life and death struggle walked her through 4 inpatient

eating disorder treatment programs, endless hospital stays, alternative treatment, groups, nutritionists, counselors and healing. As she came out on the other side of recovery, anyone who knew her will tell you, it is a miracle alongside a great deal of hard work that she is alive. This book will walk anyone struggling within the many different forms of addiction or suffering through the tools and gifts that finally brought closure to her eating disorder and body image issues. She promises if you take the risk to be open to recovery, you, too, can find your voice and healing, as well help for a loved one!

Beyond a Shadow of a Diet-Judith Matz 2014-04-03 Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder, Compulsive Eating or Emotional Overeating. The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating. Next, they offer step-by-step guidelines to help clients end the diet mentality and learn an internally-based approach known as attuned eating. Divided into three sections-The Problem, The Treatment and The Solution-this engaging book contains chapters filled with compelling case examples, visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight. In addition to addressing the symptoms, dynamics and treatment of eating problems, Beyond a Shadow of a Diet presents a holistic framework that goes well beyond the clinical setting. This invaluable resource includes topics such as the clinician’s own attitudes toward dieting and weight; cultural, ethical and social justice issues; the neuroscience of mindfulness; weight stigma; and promoting wellness for children of all sizes. Drawing from the Health At Every Size paradigm-and the wealth of research examining the relationship between dieting, weight and health-Beyond a Shadow of a Diet offers both therapists and their clients a positive, evidence-based model to making peace with food, their bodies and themselves.

Lying in Weight-Trisha Gura, PhD 2009-10-13 A girl with an eating disorder grows up. And then what? In this groundbreaking book, science journalist Trisha Gura explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In truth, twenty-five to thirty million American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. These diseases often linger from adolescence or emerge anew in the lives of adult women in ways that we are only now starting to recognize. Drawing on her own experience with anorexia, as well as the most up-to-date research and extensive interviews with clinicians and sufferers, Gura presents a startling, timely, and imperative investigation of eating disorders "all grown up," and offers hope through understanding.

Resilience, Adaptive Peacebuilding and Transitional Justice-Janine Natalya Clark 2021-10-07 Explores innovative ways to build peace after large-scale violence by combining resilience, adaptive peacebuilding and transitional justice.

American Book Publishing Record- 2005

The Thin Woman-Helen Malson 2023-12-22 The First Edition of The Thin Woman, first published in 1998, provides an in-depth discussion of anorexia nervosa from a critical feminist social psychological standpoint. In the original text, the author argues that the notion of 'anorexia' as a medical condition limits our understanding of anorexia and the extent to which we can explore it as a socially and discursively produced problem. The book now has a new introduction that discusses some of the major cultural and academic developments that have occurred since its first publication. In considering our changing cultural landscapes, the introduction goes on to discuss the so-called ‘obesity crisis’; the emergence of post-feminism; the massive global expansion of digital and social media and, most recently, the Covid-19 pandemic. Turning to academic developments, it focuses on the increasing recognition of intersectional feminism and reflects on how intersectional perspectives are now beginning to shape critical feminist research and theory in this field. The new introduction also highlights the significant growth in the last 25 years of critical feminist research on eating disorders, which has brought with it a greater awareness of intersectional theory and a more inclusive agenda; an expansion of research foci; a diversification of methodologies and the emergence of more egalitarian models of research in which those with lived experience of eating disorders are becoming valued research team members who help to shape research aims, designs and processes. Based on original research using historical and contemporary literature on anorexia nervosa and a series of interviews with

women who identified as ‘anorexic’, this book offers critical insights into this problem. It is an invaluable read for anyone interested in eating disorders and gender, developments in feminist post-structuralist theory and discourse analytic research in psychology.

A Language Older Than Words-Derrick Jensen 2004-03-01 At once a beautifully poetic memoir and an exploration of the various ways we live in the world, A Language Older Than Words explains violence as a pathology that touches every aspect of our lives and indeed affects all aspects of life on Earth. This chronicle of a young man's drive to transcend domestic abuse offers a challenging look at our worldwide sense of community and how we can make things better.

Good Enough: A Novel-Jen Petro-Roy 2019-02-19 A young girl with an eating disorder must find the strength to recover in this moving middle-grade novel from Jen Petro-Roy Before she had an eating disorder, twelve-year-old Riley was many things: an aspiring artist, a runner, a sister, and a friend. But now, from inside the inpatient treatment center where she's receiving treatment for anorexia, it's easy to forget all of that. Especially since under the influence of her eating disorder, Riley alienated her friends, abandoned her art, turned running into something harmful, and destroyed her family's trust. If Riley wants her life back, she has to recover. Part of her wants to get better. As she goes to therapy, makes friends in the hospital, and starts to draw again, things begin to look up. But when her roommate starts to break the rules, triggering Riley's old behaviors and blackmailing her into silence, Riley realizes that recovery will be even harder than she thought. She starts to think that even if she does "recover," there's no way she'll stay recovered once she leaves the hospital and is faced with her dieting mom, the school bully, and her gymnastics-star sister. Written by an eating disorder survivor and activist, Good Enough is a realistic depiction of inpatient eating disorder treatment, and a moving story about a girl who has to fight herself to survive.

Skinny-Ibi Kaslik 2008-01-01 After the death of their father, two sisters struggle with various issues, including their family history, personal relationships, and an extreme eating disorder.

Silencing The Self-Dana C. Jack 1993-01-13 "This book is relevant to anyone grappling with the central challenge of relationships: how to achieve connections to others without losing oneself."--Deborah Tannen (author of You Just Don't Understand), New York Times Book Review

Life Without Ed-Jenni Schaefer 2014-01-31 The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni’s life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., Life Without Ed provides hope to the millions of people plagued by eating disorders. Beginning with Jenni’s “divorce” from Ed, this supportive, lifesaving book combines a patient’s insights and experiences with a therapist’s prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than Life Without Ed. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of Spiritual Approaches in the Treatment of Women with Eating Disorders "[Life Without Ed] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book’s intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of Making Weight: Men’s

Conflicts with Food, Weight, Shape & Recovery "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

Unbearable Lightness-Portia de Rossi 2011-03-03 "I didn't decide to become anorexic. It snuck up on me disguised as a healthy diet, a professional attitude. Although there was a certain glamour to anorexics, I didn't want to be one. I just wanted to excel in dieting. And weighing in at 80 pounds on 300 calories a day, I was the best little dieter there ever was." In scalding prose, Portia de Rossi reveals the pain and illness that haunted her for decades. She alternately starved herself and binged, putting her life in danger and lying to herself and everyone around her about the depth of her illness. From her lowest point, Portia began the painful climb back to health and happiness, ultimately falling head over heels in love with Ellen DeGeneres. In this remarkable and landmark book, she tells a story that inspires hope and nourishes the spirit.

Beyond a Shadow of a Diet-Judith Matz 2004-06 Beyond a Shadow of a Diet provides concrete steps for establishing a normal relationship with food and methods for understanding and treating the psychological aspects of compulsive eating.

On Writing Qualitative Research-Margaret Anzul 2003-12-16 Written for both new and experienced researchers, this book is about creating research writing that is useful, believable and interesting.

The Rise of Enlightened Sexism-Susan J. Douglas 2010-12-21 Women today are inundated with conflicting messages from the mass media: they must either be strong leaders in complete command or sex kittens obsessed with finding and pleasing a man. In The Rise Of Enlightened Sexism, Susan J. Douglas, one of America's most entertaining and insightful cultural critics, takes readers on a spirited journey through the television programs, popular songs, movies, and news coverage of recent years, telling a story that is nothing less than the cultural biography of a new generation of American women. Revisiting cultural touchstones from Buffy the Vampire Slayer to

Survivor to Desperate Housewives, Douglas uses wit and wisdom to expose these images of women as mere fantasies of female power, assuring women and girls that the battle for equality has been won, so there's nothing wrong with resurrecting sexist stereotypes—all in good fun, of course. She shows that these portrayals not only distract us from the real-world challenges facing women today but also drive a wedge between baby-boom women and their "millennial" daughters. In seeking to bridge this generation gap, Douglas makes the case for casting aside these retrograde messages, showing us how to decode the mixed messages that restrict the ambitions of women of all ages. And what makes The Rise Of Enlightened Sexism such a pleasure to read is Douglas's unique voice, as she blends humor with insight and offers an empathetic and sisterly guide to the images so many American women love and hate with equal measure.

Routledge International Encyclopedia of Women-Cheris Kramarae 2004-04-16 For a full list of entries and contributors, sample entries, and more, visit the Routledge International Encyclopedia of Women website. Featuring comprehensive global coverage of women's issues and concerns, from violence and sexuality to feminist theory, the Routledge International Encyclopedia of Women brings the field into the new millennium. In over 900 signed A-Z entries from US and Europe, Asia, the Americas, Oceania, and the Middle East, the women who pioneered the field from its inception collaborate with the new scholars who are shaping the future of women's studies to create the new standard work for anyone who needs information on women-related subjects.

And the Mirror Cracked-A. Smelik 1998-05-27 And The Mirror Cracked explores the politics and pleasures of contemporary feminist cinema. Tracing the highly productive ways in which feminist directors create alternative film forms, Anneke Smelik highlights cinematic issues which are central to feminist films: authorship, point of view, metaphor, montage and the excessive image. In a continuous mirror game between theory and cinema, this study explains how these cinematic techniques are used to represent female subjectivity positively and affirmatively. Among the films considered are A Question of Silence , Bagdad Cafe , Sweetie and The Virgin Machine .